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Bangalore Mirror

TEMP Max 31 | Min 19 | Humidity 30% Partly sunny Sensex 82,225 | Nifty 25,424 | Gold 1,59,809 | Silver 2,59,514 | Dollar 90.88 | Euro 107.00 | GBP 122.84

AGE GAP

Parents urge government to grant 90-day age relaxation for children seeking admission to Class 1 from UKG

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EYE ON THE PRIZE

A look at what India's chances are to make it to the semi-final after its heavy loss; England cruise past Pakistan in almost nail-biter

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NHAI issues advisory on FASTag Annual Pass scam as fraudsters create completely real-looking website to trap victims; other tricks include creating fake links on search websites under 'Top Result' tag

DON'T LET THEM PULL A FAST ONE

861 cybercrime cases reported in city in January

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TWEETS @BangaloreMIRROR

A single careless click on a top search result is costing people their entire bank balance. This is the latest scam in a city that has seen as many as 861 cybercrime cases reported in the first month alone. Cybercriminals are exploiting sponsored links, fake websites and search engine manipulation to dupe the users using those services by collecting money for there services that do not exist or redirecting them to phishing portals that closely mimic legitimate banking, shopping and government platforms and in some cases, even redirect to illegal online gaming or adult websites.

Cyber fraudsters are creating fake websites and Google advertisements to impersonate the National Highways Authority of India (NHAI) in a new "FASTag Annual Pass" scam, duping unsuspecting vehicle owners into paying for non-existent services leading to financial loss. According to an advisory given by NHAI officials, scammers have created convincing websites that closely resemble the official NHAI portal and related government platforms. These fraudulent pages use logos, colour schemes and layouts very similar to the original to appear authentic.

The advisory follows multiple complaints about fake FASTag websites. Fraudulent links, often boosted through paid Google Ads, appear at the top of search results when users look for recharge or annual pass services. Once clicked, these sites ask for vehicle number, FASTag ID and payment details. The money is diverted to fraudsters instead

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"By filling in their details, victims also share personal information like their vehicle registration number, mobile number and FASTag ID with cybercriminals. This can later be misused for identity theft, financial fraud and more scam calls or phishing messages

—Chetan Anand, Cybercrime Intervention Officer

Feeder service plan sounds good?

Chennai's compact vehicle fleet to strengthen last-mile connectivity has caught Bengaluru metro users', urban planners' eyes

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As Chennai's Metropolitan Transport Corporation (MTC) is set to introduce a fleet of compact vehicles to strengthen last-mile connectivity to metro stations, the move is drawing attention from urban transport planners in Bengaluru too. The plan includes the induction of 220 new vehicles — 150 twelve-seater vans and 70 buses with a seating capacity of 19 passengers — designed to connect interior neighbourhoods and residential layouts to nearly a dozen metro stations. The objective is to make access to metro corridors easier, particularly from areas where large buses cannot operate efficiently.

The development has sparked conversations in Bengaluru, where last-mile connectivity continues to remain a persistent challenge despite the expansion of Namma Metro. Although the Bangalore Metropolitan Transport Corporation

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THINGS TO DO

01 In the groove

Windmills Craftworks is presenting A Night of Gershwin, Hollywood Classics & More, a jazz and classical crossover performance featuring Lola (LOLA G) and Tomasz Bura. **Where: Windmills Craftworks, Whitefield; When: February 27 and 28, 9.30 pm**

02 Threads of tradition

Atta Galatta is bringing 'Weaving A Story', a curated exploration of classical dance and textile through stories by Aparna Jaishankar, organised in partnership with Janani Murali, Bharatanatyam practitioner and Shruthi Kezhakepuram Purushotham, Mohiniyattam exponent. **Where: Atta Galatta, Indiranagar; When: February 28, 6.30 pm**

03 Artistry on display

An exhibition jointly organised by Grand Flea Market and Indian Artisans Bazaar showcases Indian traditional and modern handicrafts, home décor items, and traditional attire from various states — all under one roof. **Where: Chitrakala Parishath, Seshadripuram; When: Until March 1**

04 Soundtrack of stories

Bhoomija, in collaboration with the Prestige Centre for Performing Arts (PCPA), will present The Storied Song, a concert that brings together music and narrative in an intimate and reflective format. **Where: Prestige Centre for Performing Arts, Konanakunte; When: March 1, 6.30 pm**

05 Turn it up

Indian Craft Brewery is presenting Saturday Night Live ft Iham Kavyam Experience, an electrifying evening of live music that blends powerful vocals with immersive instrumental artistry, promising a dynamic and high-energy night. **Where: Indian Craft Brewery (ICB), near Manyata Tech Park; When: February 28, 8 pm**

Screen strain's a real pain in the neck

Amongst rising cervical spine issues due to prolonged screen time, study suggests that advanced physiotherapy may offer added benefits compared to basic treatment

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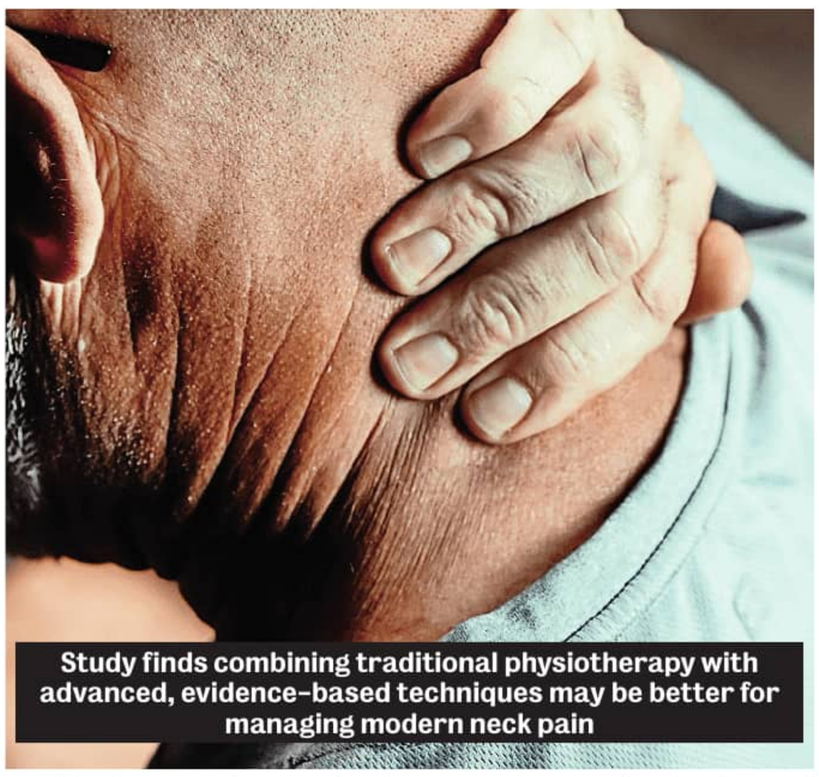
Neck pain is increasingly becoming an occupational hazard in Bengaluru's booming IT sector, with long hours at desks, poor ergonomics, and rising digital addiction contributing to a silent but widespread musculoskeletal crisis. Physiotherapists say that excessive screen time, both at work and on personal devices, has significantly aggravated neck strain, especially among young professionals.

Recent estimates suggest that neck pain prevalence in Bengaluru's urban population ranges between 46 per cent and 68 per cent, particularly among IT professionals and desk-based workers. Static postures, forward head positioning, and prolonged gadget use are leading to muscle strain, inflammation, early spondylotic changes in the cervical spine, and even intervertebral disc issues. Nearly 70 per cent of individuals suffering from neck pain report that it affects their daily activities and overall quality of life.

Concerned by the growing trend, experts at Physiotattva conducted a retrospective study to evaluate whether advanced, technology-assisted physiotherapy protocols deliver better outcomes than traditional basic treatments.



Study finds combining traditional physiotherapy with advanced, evidence-based techniques may be better for managing modern neck pain

The study, titled 'A Retrospective-Comparative Analysis of Advanced and Basic Physiotherapy Treatment Protocols for Neck Pain using Clinical Software-Based Outcome Data from Bangalore-based Clinic' was published in Acta Scientific Orthopaedics in February 2026. It analysed real-world electronic health records collected between November and December 2025 across multiple Bengaluru branches of the clinic. The study was conducted by Dr Krina Ved and Dr Anup Brahmbhatt from Orthopaedic Physiotherapy, co-founder at Physiotattva Physiotherapy Clinic and Dr Shubham Menaria, Coordinator and Senior Consultant Physiotherapist at Physiotattva.

Initially, 95 patient records were screened, of which 90 patients aged between 20 and 60 years were included in the final analysis. Among them, 56 patients received advanced physiotherapy protocols, while 34 underwent basic treatment protocols. The advanced protocol included multimodal and add-on manual techniques, advanced holistic approach, among various other techniques. In contrast, the basic protocol followed conventional physiotherapy approaches like hot or cold packs, basic range of motion and strengthening exercises, ultrasound, IFT and more.

Both groups showed statistically significant improvements in pain and disability scores from baseline to discharge. However, the advanced group demonstrated greater mean reductions in pain and disability, particularly among patients with chronic neck pain. The average treatment duration for both groups was approximately 10 days.

Dr Anup Brahmbhatt said the findings reflect changing clinical needs in an increasingly digital world. "Over the last few years, we have observed a sharp rise in

While both protocols were effective, chronic cases found to respond better to advanced approaches, with data indicating structured, progressive and multimodal rehabilitation plans to be effective

IT professionals reporting persistent neck pain. With increased digital dependency from laptops at work to smartphones at home, the cervical spine rarely gets adequate rest. This prompted us to scientifically analyse whether advanced, technology-assisted and multimodal physiotherapy interventions offer superior outcomes compared to basic treatment," he said. He added that while both were effective, chronic cases responded better to the advanced approach.

The study concludes that integrating advanced techniques and evidence-driven protocols may offer added advantages.

BMTC feeder services remain patchy, unreliable, say commuters

CONTINUED FROM PAGE 1

(BMTC) operates feeder services to several metro stations, commuters say coverage is uneven and often unreliable during peak hours. Many residential pockets, especially those with narrow internal roads, remain inadequately served. "For many of us, the metro ride is the easiest part of the commute. Getting to the station is the real struggle. If smaller vans operated at regular intervals inside layouts, more people would leave their cars at home," said Priya, an IT professional who travels daily from a residential layout.

Urban mobility experts argue that Bengaluru's traffic congestion cannot be addressed without strengthening first- and last-mile links. "Metro expansion alone does not guarantee higher ridership. You need an integrated network where small, agile vehicles connect neighbourhoods to major transit nodes. Chennai's model shows how policy adjustments and targeted fleet additions can bridge that gap," said a city-based transport analyst. Student groups and daily wage commuters have also voiced support for smaller feeder vehicles. "Autos are expensive for short distances, and buses don't always enter inner roads. A structured mini-bus service with affordable fares would make public transport more practical," said college student Aditya Rao.

How Chennai did it

The Chennai initiative follows a mobility assessment conducted by the Chennai Unified Metropolitan Transport Authority (CUMTA), which identified first- and last-mile connectivity gaps as a key hurdle in boosting metro ridership. Chennai Metro currently records an average daily ridership of about 3.2 lakh passengers, and officials believe that improving feeder services will further increase usage. The new services will run under a Gross Cost Contract model, with private operators procuring and maintaining the vehicles while MTC collects fares and compensates operators based on kilometres operated. Necessary amendments to state motor vehicle rules have also been made to permit single-door microbuses and vans to function within the public transport system.

With the metro network in the city continuing to expand, experts say that introducing smaller feeder vans could play a crucial role in increasing ridership, easing congestion, and making public transport a more attractive option for daily commuters.

Blooming nature

Yellow trumpet flowers bloom at Vidhana Soudha premises in Bengaluru

Calls for age flexibility in Class 1 admissions persist

Parents of children in UKG urge 90-day age relaxation for Class 1 admissions along with issuance of circular to all schools to ensure uniform implementation, in letter to CM

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It is argued that under current age criteria, some children in UKG may miss out despite being academically and developmentally ready for promotion to Class 1

With the new academic year approaching, a large group of parents of children in UKG across Karnataka has written to Chief Minister Siddaramaiah, urging the government to grant a 90-day age relaxation for admission to Class 1.

As per the current state guidelines, children must have completed six years of age by June 1 to be eligible for admission to Class 1. However, parents say that children born between June 2 and August 31 miss the cut-off by just a few weeks or months, forcing them to repeat UKG despite being academically and developmentally ready for promotion.

"We are just UKG parents whose children are being told to repeat the class simply because they will not be six years old on June 1," said a parent, who is part of a growing group of affected families. "We now have 566 members in our group, and every day more parents join us with the same concern," added the parent.

Parents point out that during the previous academic year (2025–26), the Education Department had granted a six-month age relaxation for a batch of students facing a similar issue. Describing the move as compassionate and fair, they argue that a similar consideration should be extended this year as well.

"In 2025–26, the Education Minister provided a one-time relaxation for UKG students. At that time, our children were in LKG, and we were also part of the larger representation submitted to government officials," another parent said, adding that they were informed that, starting next year, the State Education Policy would be implemented.

According to the parents, members of the State Education Policy (SEP) body formed by the Government of Karnataka had recommended a 90-day relaxation in their report. However, they claim that this recommendation has not yet been implemented through an official circular.

In their letter, the parents have made two key requests. They urged the government to grant a 90-day relaxation in the age criterion for Class 1 admissions beginning with the 2026 batch, and to issue circulars to schools ensuring uniform implementation across the state.

They argue that without a clear directive, schools are strictly adhering to the June 1 cut-off, leaving many families distressed and children confused about repeating a class they have already completed successfully.

"This is not about bypassing policy, but about ensuring fairness between consecutive batches. If last year's students received relaxation, denying it to this year's children creates inequality," a parent added.

Parents say that children born between June 2 and August 31 miss cut-off by few weeks or months, urge consideration to ensure compassionate and fair treatment

Parents say the measure would benefit thousands of children statewide and uphold the principle of equity envisioned under the State Education Policy.

Fake stock investment call centre busted

In a crackdown on an alleged stock market investment fraud, the Cyber Crime Police Station, Central Division, arrested two key accused for cheating the public by promising high returns on stock market investments. Acting on a complaint, police conducted a raid at the office located on 26th Main Road, 9th Block, Jayanagar, and arrested the duo. During the operation, police seized 31 mobile phones, 13 laptops, 16 SIM cards, company letterheads, and data sheets containing victims' details. Further interrogation revealed that the accused sourced stock market client data through online platforms, arranged bank accounts from other states, and procured SIM cards in the names of different individuals. The cheated money was allegedly routed through multiple mule bank accounts and later withdrawn from ATMs by their associates. The withdrawn cash was then distributed among themselves. Further investigation is underway. — BMB

Elderly man assaulted following road dispute

A 65-year-old man was allegedly assaulted by a young motorist following a minor argument in Nagadevanahalli, Bengaluru, on Sunday evening. The incident, captured on CCTV cameras, has led to the arrest of the accused. According to reports, the victim, identified as Nanjundappa (65), was walking along the road when Naveen approached from behind in a car and repeatedly honked, asking him to make way. Nanjundappa reportedly responded that the road was wide enough for the vehicle to pass. The exchange soon escalated, with Naveen allegedly hurling abuses at the elderly man. Police said that even after Nanjundappa walked nearly 200 metres away, Naveen allegedly intercepted him again, knocked him down and continued to assault him. A bystander who tried to intervene was also reportedly attacked. Based on the complaint and CCTV evidence, police arrested Naveen. Further investigation is underway. — BMB

Man arrested for stealing gold chain

A man was arrested by Malleshwaram police for snatching a 31-gram gold chain, with Rs 1.13 lakh in cash seized, bringing the total value to Rs 4.5 lakh.

According to a complaint filed on February 18, 2026, the victim was walking alone near Opera Physiotherapy Clinic when an unidentified person approached from behind, snatched the chain, and fled.

On February 20, 2026, the man was arrested near Suguna Hospital on Rajkumar Road, Rajajinagar. On questioning, the man confessed to selling the gold chain and giving Rs 1.13 lakh to his wife for safekeeping, while spending Rs 3.37 lakhs to fund his extravagant lifestyle. The gold chain was seized from a jewellery shop in Kurubarahalli in Basaveshwaranagar on February 22, 2026. Police are probing the matter further. — BMB

Mixing waste proves costly

In a crackdown by the Bengaluru South City Corporation (BSCC), two defaulters were fined for violating waste segregation rules. Alpine Court Apartments was penalised Rs 10,000, while Aishwarya Tea Shop was fined Rs 5,000 for mixing waste despite guidelines.

The BSCC also carried out a deep cleaning of Jayanagar 27th Cross Road with its mechanical sweeping team, which will continue regular street maintenance. Officials have warned against illegal dumping in the area and proposed strict action against violators.

Regular maintenance drives aim to help tackle the citywide challenge of illegal dumping and ensure strict enforcement of waste management rules. — BMB

Rules tightened for sewage cleaning

The Bengaluru Water Supply and Sewerage Board (BWSSB) has called for strict implementation of guidelines to ensure safety during cleaning of manholes and Sewage Treatment Plants (STPs), in view of the death of a man in Kaggalipura.

Now, all private agencies and vehicles must be officially registered by March 7, 2026, to continue cleaning activities. The BWSSB Chairman has directed executive engineers and assistant executive engineers to enforce the new safety regulations across all the divisions.

Builders, residents, property owners, and Resident Welfare Associations (RWAs) have also been warned against engaging in services offered by unauthorised and unregistered agencies and vehicles for the cleaning work. In case of non-compliance, BWSSB will hold the property owners and RWAs solely responsible for any loss of life or injury. — BMB

Govt OPD services to remain shut from March 11 to 15 under protest

Protesting against the shortage of medicines and opposing changes in the transfer policy, state government doctors have announced that they will suspend Outpatient Department (OPD) services from March 11 to 15. The doctors have warned that if their demands are not met, they will go on an indefinite strike starting March 16.

State President of the State Government Medical Officers' Association, Dr Ravindranath M Meti, stated that if the government fails to respond positively to their protest and fulfill their demands, all doctors, officers, and staff of the Health Department will abstain from duty indefinitely from March 16 onward.

He emphasised that there is a severe shortage of medicines in government hospitals across the state and urged the government to ensure adequate drug supply.

He also demanded that cadre and recruitment rules be amended once every three years, pointing out that they have not been revised for a long time.

The association further called for the timely publication of seniority lists for all departmental cadres, service security and appropriate salary hikes for contract doctors, staff, and NHM contract employees, filling of vacant posts of doctors, paramedical and other staff, and timely monthly salaries for those working under centrally sponsored schemes. — BMB

Where there's smoke, no action

Smoke clouds hover over eastern water bodies as campaigners slam officials for ignoring chronic dumping violations

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Despite organising awareness programmes, outcry from environmentalists and strictures from the National Green Tribunal (NGT), the menace of burning garbage continues to haunt Bengaluru. Environmentalists complain that rampant open burning of waste is taking place on the outskirts of the city and in vacant areas adjacent to water bodies.

If the heaps of garbage on the Yele Mallappa Shetty Lake bund along the national highway are any indication, it appears that the Bengaluru Solid Waste Management Limited (BSWML) officials are not serious about addressing this perennial problem. All kinds of waste can be found along the lake bund. Though residents and lake activists continue to flag the issue, the officials concerned remain apathetic.

"It is quite disgusting and shocking to come across incidents of garbage burning on a regular basis. Recently, a stationary lorry caught fire due to burning waste on vacant land adjacent to Gangashetty Lake near the Bengaluru East Tahsildar's Office. The burning of waste also damaged saplings planted on the lake bund," said Balaji Rathogham, a lake activist.

Garbage dumped on Yele Mallappa Chetty Lake bund

Saplings planted near Battarahalli

He said he wanted to thank and appreciate forest officials for reclaiming vacant land near Battarahalli and planting saplings there. "Many saplings planted on the vacant land near Battarahalli were damaged when some miscreants set dry waste on fire. The forest officials have planted saplings again on the land. I also found some people dumping garbage in the same location. I urge the BSWML engineers to take measures to keep the place free of waste," he said. Abhinav Sagar, a resident of Medahalli, said he found heaps of garbage along Yele Mallappa Shetty Lake. "There is no one to prevent or keep vigil on those dumping waste along the lake bund. The heaps of garbage are not only an eyesore but also a health hazard. Some people are burning it, thereby polluting the environment. I appeal to the authorities concerned to resolve this issue without further delay," he said.

Demanding that the authorities, including the Minor Irrigation Department, ensure the lake bund is

Locals cite damaged plantations, fire incidents and mounting rubble, demanding swift enforcement from irrigation authorities and police

free of garbage, Mohan Kumar, a resident, said some people dump construction and demolition waste on vacant land adjacent to the lake to encroach upon it later. "All the authorities, including the police, have turned a blind eye to the burning of waste," he said. Meanwhile, BSWML Assistant General Manager Srinidhi said he had received a complaint regarding the burning of garbage on the lake bund. "I will visit the spot shortly and take measures to keep the vacant land along the lake bund clean," he said.

Verify URL before entering personal or payment-related details

CONTINUED FROM PAGE 1

of authorised agencies. Victims receive no valid receipt, and by the time they realise the fraud, the website often disappears. There are other tricks too, including something called "Black Hat SEO". This is what happens when you search on Google or any other search engine, a link may show up as a "Top Result". But remember, not every top result is safe. You might click on a link that looks like a trusted website, but instead of opening the real page, it may suddenly redirect you to betting, gambling, adult, or other illegal websites. This is not just a technical error, it could be part of a scam.

According to Chetan Anand, National Cyber Security Scholar and Cybercrime Intervention Officer these fake websites are made to look almost exactly like official government portals. Because these links appear genuine, people tend to trust them and enter details. Many users click on the first URL out of habit and an inherent trust in search engine algorithms. Cyber criminals exploit this trust in top search results through a tactic known as search engine phishing.

Chetan Anand said that the loss is not just the money paid. By filling in their details, victims also share personal information like their vehicle registration number, mobile number and FASTag ID with cybercriminals. This can later be misused for identity theft, financial fraud and more scam calls or phishing messages.

Chetan Anand further advised citizens to use only the official NHAI website (nhai.gov.in), the Rajmarg Yatra App, or authorised bank websites and apps for FASTag annual pass services. Experts say users should carefully verify the URL before entering any personal or payment-related details and must not rely solely on a website's appearance in search results or advertisements. "It's always better to avoid blindly clicking on the top search result, to thoroughly check website URLs for authenticity, and to access banking or government services only through verified or bookmarked official links. Apps should not be downloaded from redirected or unverified websites, and personal or financial information must never be shared on unknown links," he said.

If you are a victim of cyber fraud, report it immediately by calling 1930 or visiting cybercrime.gov.in.

Seized vehicles gutted in fire at Banaswadi Police Station

A major fire broke out at the Banaswadi Police Station on Tuesday afternoon around 1 pm, allegedly gutting more than 20 vehicles parked on the premises. According to police, the fire is suspected to have originated from the adjacent graveyard, where garbage mixed with dry leaves had allegedly been set ablaze. Fanned by strong winds, the flames quickly spread to the station's parking area.

Around 40 seized vehicles were stationed within the premises when the fire broke out. Officials stated that fuel and oil leaking from some of these vehicles accelerated the spread of the flames, causing the blaze to intensify rapidly within minutes.

Thick plumes of smoke were first spotted by passers-by, who immediately alerted police personnel. Station staff made initial efforts to control the fire and arranged for a water tanker before informing the Fire and Emergency Services. Firefighters arrived shortly thereafter and worked for nearly half an hour to bring the situation under control. No injuries were reported. A case has been registered and further investigation is underway. — BMB

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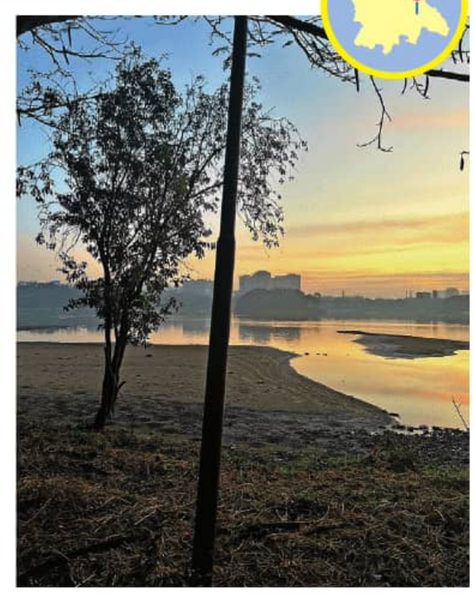
Bridge breakdown

RT Nagar

Residents of 3rd Main Road, Matadahalli, RT Nagar, have urged the authorities to rebuild the collapsed bridge urgently, as schoolchildren, patients and senior citizens have been forced to walk nearly 400 metres due to inaction for over three months.

Lake drained

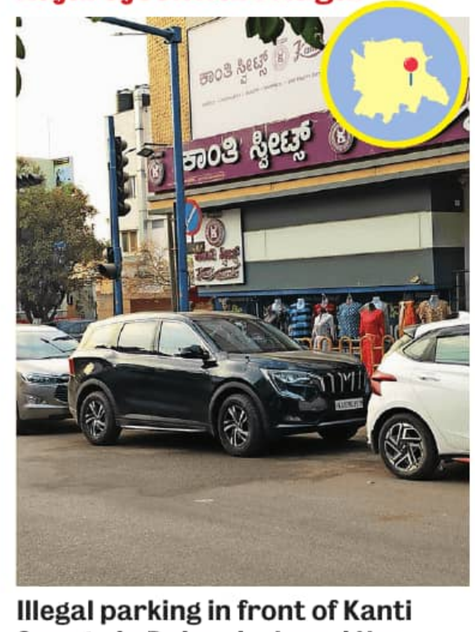
Hebbal



Walkers have expressed shock over the draining of Hebbal Lake, allegedly for park development, raising concerns about the loss of the water body.

Parking chaos

Rajarajeshwari Nagar



Illegal parking in front of Kanti Sweets in Rajarajeshwari Nagar, despite a 'No Parking' sign, is leading to frequent traffic congestion at the junction.

142 lakes unfit for use

Bengaluru's lake story has just turned murkier. Water samples from 142 lakes across the city, including the well-known Sankey Tank in Malleswaram, have been found to be of extremely poor quality and unfit for drinking, even after conventional treatment, according to the Karnataka State Pollution Control Board.

The tests, conducted monthly between April and November 2025, reveal that most lake water can only be used for industrial purposes, while a few may merely support aquatic life and birds.

Shockingly, not a single lake falls under the A, B or C categories, which denote water that can be treated and made potable. All 142 lakes are classified under the D and E categories, making them unsuitable for human consumption.

Officials said that lakes such as Vishwaneedam, Machohalli, Andrahalli, Madavara, Rayasandra, Mahadevapura Lake-2, Chikkagubbi, Doddagubbi and Kannur are on the grim list. Worse still, at Yellamallappa Tank and Vengaiyanakere, even aquatic life and birds cannot survive; the water there is fit only for industrial use.

The report squarely blames the inflow of untreated sewage, the dumping of solid waste, and discharge from industrial areas, along with years of neglect in lake maintenance.

The government, meanwhile, has clarified that Bengaluru's lake water is not meant for drinking or bathing but primarily for recharging groundwater.

Deputy Chief Minister DK Shivakumar reiterated that only water from Thippagondanahalli Reservoir is treated and supplied for consumption, not water from city lakes. **BMB**

Segregate or face waste

A meeting was convened by Chief Operating Officer (COO) Ramamani to strengthen waste management in the Bengaluru South City Corporation area.

An action plan was formulated to mandate three-way waste segregation of wet, dry and sanitary, to curb illegal dumping and manage rising pollution levels in the city. Door-to-door waste collection will be carried out regularly, and garbage transport vehicles will remain covered to prevent spillage due to wind. All auto-tippers will therefore be fully enclosed from now on.

Other measures introduced to tackle the garbage situation in the south zone include clean-road campaigns, during which pourakarmikas will ensure roads are kept clean and verify whether waste is properly segregated at source. In addition, civic workers will be provided with gumboots, gloves, uniforms and masks to maintain a safe working environment.

Officials stressed that buildings with three floors or more must ensure adjoining roads are kept clean and proper waste disposal practices are followed. Authorities have observed that some residents of such complexes fail to maintain cleanliness in their surroundings and have been found mixing waste at the time of collection.

The meeting, attended by the DGM, AGM and marshals of the south zone, aimed to ensure these plans translate into action on the ground, making the rapidly growing tech city cleaner and greener. **BMB**

HIGH COURT

No coercive steps against Ranveer

The Karnataka High Court on Monday stayed further proceedings arising from an order suspending the arms licence of actor Darshan, passed on the ground that he allegedly had a "propensity" to misuse the weapon while out on bail.

Justice M Nagaprasanna heard a petition challenging the January 20, 2025 order of the Deputy Commissioner of Police (Administration), Bengaluru, suspending the licence, and seeking interim relief.

Counsel argued the order was issued when the petitioner was on bail and based only on apprehension, without any concrete allegation of misuse.

The State defended the action as precautionary.

The court observed that mere apprehension required scrutiny and noted the weapon had been surrendered after bail cancellation.

Further proceedings were stayed. Hearing is on March 6. **BMB**

No proof, no bribery case

The Karnataka High Court has reiterated that proof of both demand and acceptance of illegal gratification is essential to constitute an offence under Section 7 of the Prevention of Corruption Act, quashing criminal proceedings against a police Sub-Inspector accused of seeking a bribe to close a case.

Justice M Nagaprasanna, while allowing the officer's petition, underscored that mere allegations of demand without evidence of acceptance or vice versa would not satisfy the statutory requirement.

The court relied heavily on the Constitution Bench ruling of the Supreme Court in Neeraj Dutta v. State of NCT of Delhi, which clarified that proof of demand and acceptance of gratification is the sine qua non for establishing an offence under Section 7, both before and after the 2018 amendment to the Act.

Quoting precedent and analysing the legal position, Justice Nagaprasanna observed: "On a coalescence of the judgments rendered by the Apex Court, as quoted supra, the essence of Section 7 of the Act is demand and acceptance. The unmistakable inference on interpretation, in the considered view of the Court, would be that if there is demand but no acceptance, it would not constitute an offence under Section 7 of the Act. If there is acceptance but no demand, that too would not constitute an offence under Section 7 of the Act. An act alleged under Section 7 of the Act should have the ingredients of demand and acceptance, and it must relate to the performance of a public duty or forbearance from performance. Therefore, demand and acceptance should be for the purpose of performing some public duty. For such performance, there should be work pending before the public servant against whom Section 7 of the Act is invoked."

The High Court also noted that it had previously applied the same principle in Beeralinga v. State of Karnataka, a decision that was not interfered with by the Supreme Court.

In the present case, the prosecution alleged that the officer had demanded Rs 1 lakh from the complainant to file a 'B' report in a criminal case registered against him.

The earlier case stemmed from a complaint lodged by one Rajendra, which the officer had investigated before filing a final report for offences under Sections 341, 324 and 506 read with Section 34 of the IPC.

The complainant later approached the Lokayukta Police, alleging that the officer, through an intermediary named Ananda, had sought Rs 1,00,000 to file a closure report, claiming the amount would be shared between them. Based on these allegations, an FIR was registered by the then Anti-Corruption Bureau. The officer moved the High Court at the investigation stage, seeking quashing of the FIR.

Before the court, the petitioner contended that no trap had been laid, there had been no recovery of tainted money, and there was no material to demonstrate either demand or acceptance. It was also submitted that on the date of the alleged incident, he was not even in Bengaluru. **BMB**

Drawing the line on Gandhi Bazar battle

Court orders colour-coded zoning plan to balance hawkers, shopkeepers, walkers along busy Gandhi Bazar stretch

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"Judge mandates six-month deadline for civic authorities after trader alleges obstruction, vehicle misuse, access denial outside garment outlet

The Karnataka High Court has directed officials of the Greater Bengaluru Authority (GBA) to demarcate areas designated for vendors, street vendors, pedestrians, and existing commercial shops on Gandhi Bazar to ensure that the interests of all concerned are protected equitably.

Hearing a writ petition filed by L Gundu Rao regarding the encroachment of footpaths by street vendors, the High Court directed the authorities concerned to complete the demarcation within six months and file a report by April 6.

"I am of the considered opinion that the areas are required to be allocated in a proper manner so that none impinges on the rights of another. Accordingly, the respondents are directed to demarcate the area allocated to each vendor with a distinct colour, and to mark separate colours for pedestrian pathways and the front facade of existing commercial shops, so that the interests of all concerned are protected equitably," the High Court's oral order read.

The petitioner, who is the proprietor of a ready-made garment store operating from No. 56, Gandhi Bazar Main Road, submitted that street vendors allotted vending spaces on the road had occupied the entire space in front of his shop, thereby preventing access to it.

It was further contended that the vending area was also being used by street vendors for parking two-wheelers, thereby obstructing pedestrians and shoppers wishing to visit the petitioner's shop. "Though the facility provided by the BBMP, and now the GBA, to street vendors is in terms of the Street Vendors (Protection of Livelihood and Regulation of Street Vending) Act, 2014, and the Rules framed thereunder, it is also necessary to ensure that the interests of all stakeholders are equally protected. In this case, the other stakeholders include existing commercial shop owners on Gandhi Bazar as well as pedestrians who use the footpath where vending activity is now permitted," the High Court's oral order stated.

Basavanagudi Heritage Residents' Welfare Association Secretary Guruprasad RK stated that GBA officials must implement the High Court's order without succumbing to pressure from influential individuals or politicians.

"There is hardly any space left for pedestrians on the footpaths. Senior citizens are compelled to walk on the road due to the lack of space on the pavements, making them vulnerable to road accidents," he said.

Solar dreams fade as PM-KUSUM stalls

Despite ambitious targets, state struggles to advance solar pump rollout as land constraints, funding delays, and institutional hurdles delay progress

Solar panels reflect slow progress under Component C, where tenders began but land availability and high private land costs continue to stall projects

Garima Prasher
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Implementation gaps rather than technology limits are dragging PM-KUSUM in Karnataka, with stalled grants, costly land acquisition and bureaucratic delays undermining efforts to boost renewable energy adoption among farmers

Blaming it on restrictive policies or lack of awareness and infrastructure, the PM-KUSUM Yojna, a flagship scheme by the Centre, is trailing in Karnataka.

A report by the Centre for Science and Environment (CSE), a Delhi-based NGO, indicates that despite 0.20 lakh sanctioned off-grid solar pumps being installed by farmers and farmer groups in the state, there has been zero progress under this component as of December 2025. Similarly, of the 7.79 lakh existing pumps slated for solarisation, only 0.69 lakh have been covered so far, highlighting the slow pace of implementation.

Experts point out that solarisation of existing pumps, known as Component C of the scheme, has faced several hurdles in Karnataka, although some progress has been observed over the past year. "Tenders under the scheme have been invited and development has begun. However, land availability remains a hurdle. While the official stand is that land availability is not an issue, the situation on the ground regarding the availability of government land is different. Private land for the scheme is not feasible due to high costs," said Ramesh Shivanna, president of the Karnataka Renewable Energy Systems Manufacturers Association (KRESMA).

Launched by the Union government in 2019, the PM-KUSUM scheme aims to promote distributed solar energy in rural areas, reduce the subsidy burden on power distribution companies, and improve rural energy security. The initiative is also expected to enhance farmers' incomes by enabling them to sell surplus power while supporting climate and water sustainability goals.

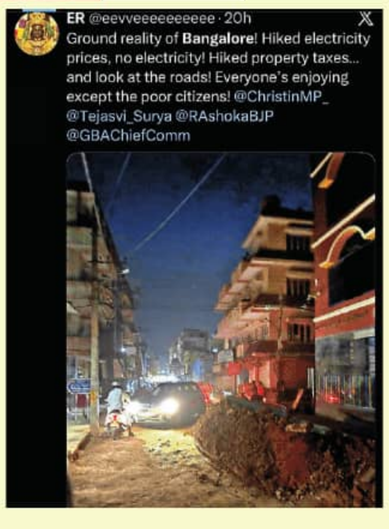
According to CSE, high land costs in suitable locations remain a major challenge for implementation across the country. The requirement to convert land from agricultural to non-agricultural use adds to costs, which vary across states. While Karnataka does not restrict conversions for tenures beyond six years, it maintains limitations on land type and size eligibility.

Experts also note that although the state government has announced a 50 per cent grant for solarisation of pumps for individual farmers and groups under Component A, disbursement has yet to take place due to a paucity of funds. "While vendors have been empanelled, the grant has not been released, leading to zero progress under this component," Shivanna added.

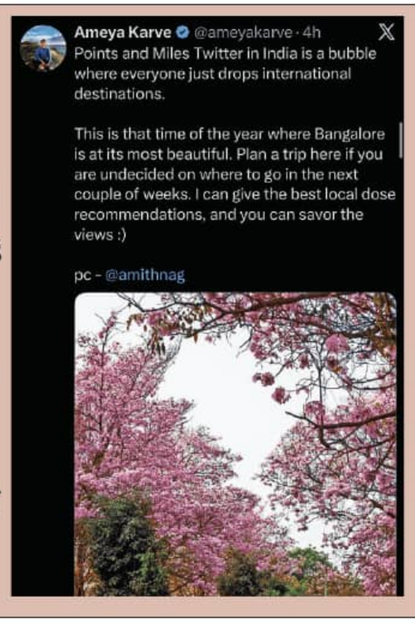
CSE's analysis suggests that the challenges facing PM-KUSUM are less about solar technology maturity and more about institutional design, risk allocation frameworks and distribution network constraints that require coordinated policy interventions. The report further notes that incomplete digitisation of land records and frequent ownership disputes continue to create uncertainty, complicating land acquisition and delaying power purchase agreement execution timelines.

SOCIALTATTLE

That went viral
A social media user highlighted hiked electricity tariffs, rising property taxes, yet crumbling roads and frequent outages. Citizens question accountability as basic civic infrastructure continues to disappoint.


ER @eevveeeeeeeeee · 20h
Ground reality of Bangalore! Hiked electricity prices, no electricity! Hiked property taxes... and look at the roads! Everyone's enjoying except the poor citizens! @ChristinMP_ @Tejasvi_Surya @RAshokaBJP @GBAChiefComm

A platform
x user posted a picture with tabebuia rosea trees along a road stretch and said Bengaluru quietly remains stunning this time of year.


Ameya Karve @ameyakarve · 4h
Points and Miles Twitter in India is a bubble where everyone just drops international destinations.
This is that time of the year where Bangalore is at its most beautiful. Plan a trip here if you are undecided on where to go in the next couple of weeks. I can give the best local dose recommendations, and you can savor the views :)
pc - @amithnag

What's tweeting
A commuter highlighted that the entire footpath outside Atreum Hospital in RR Nagar is allegedly encroached for parking, forcing pedestrians onto busy roads and raising serious safety concerns.

Madhav @madhav_hs · 17h
Whole footpath is completely occupied by @AtreumHospital in RR Nagar, they have made this there private parking place! No space for pedestrians to walk! People were struggling on road to walk since there was literally no footpath @RRNAGARAPSBCP @GBA_office @GBAChiefComm
7
12
26
1.6K

IN BRIEF

Rising heat drives electricity consumption spike

Karnataka is witnessing a sharp rise in electricity consumption even before peak summer, with the Energy Department projecting that daily demand could exceed a record 19,000 MW in April and May. Current demand is around 16,000 MW and is expected to rise steadily as temperatures increase and agricultural activity intensifies. Officials have assured there will be no power cuts, noting that annual generation has risen by about five per cent. The state currently produces around 12,492 MW from hydel, thermal, wind and solar sources, with additional supply from central stations and non-conventional projects. Good monsoon rains have kept reservoirs full, boosting hydel prospects, and surplus power is being sold to other states.

Agriculture remains the largest consumer, with nearly 38 lakh pump sets using about 40 per cent of total power. With expanded crop area, pump usage is expected to rise significantly. To manage peak demand, Karnataka has power exchange agreements with northern states. Officials also attribute rising consumption to the Gruha Jyothi scheme and increased summer cooling needs across urban and rural households alike. **BMB**

Karnataka mulls 'Give It Up' formula

Amid intensifying national debate over welfare "freebies," the Karnataka government is considering a voluntary 'Give It Up' approach to ease the growing fiscal pressure of its five guarantee schemes. In the 2026–27 state budget, scheduled to be presented on March 6, the government is expected to appeal to financially well-off beneficiaries including government employees and higher-income households to voluntarily forgo benefits under schemes such as Gruha Jyothi and Shakti, similar to the voluntary surrender of LPG subsidies.

The state has already spent about Rs 1,18,433 crore on the five guarantees, with a substantial share of tax revenue being diverted towards these commitments, leaving limited fiscal space for infrastructure and development projects. Pending direct benefit transfer payments under Gruha Lakshmi from November cover more than 1.24 crore beneficiaries, while dues under Yuva Nidhi from December impact over 3 lakh beneficiaries.

Officials estimate that nearly Rs 50,000 crore is spent annually on these schemes, and despite efforts to identify new revenue streams, the fiscal strain persists. While the government is not inclined to roll back its flagship guarantees, it plans to introduce a policy appeal encouraging those who do not require financial assistance to opt out voluntarily, allowing resources to be redirected towards development priorities, echoing the Centre's 2015 'Give It Up' LPG subsidy campaign. **BMB**

BROOK'S BRILLIANCE POWERS ENGLAND TO SEMIS

Skipper leads from the front with century to take his team to 2-wicket win against Pakistan

From left: Pakistan's Usman Tariq celebrates after taking the wicket of England's Sam Curran; England's Jamie Overton celebrates after the dismissal of Pakistan's Sahibzada Farhan; England's Harry Brook and England's Will Jacks

Today's match

Sri Lanka V/S New Zealand

07.00 pm

Skipper Harry Brook led from the front with a superb century to single-handedly guide England to a two-wicket win against Pakistan in a Super 8 match, becoming the first team to guarantee its place in the semifinals of the T20 World Cup at Pallekele in Sri Lanka on Tuesday.

Brook smashed 100 off 51 balls with the help of 10 fours and four maximums to help England chase down Pakistan's 164 for nine with five balls to spare and register their second consecutive win in the Super 8 stage.

Will Jacks (28) provided great support to Brook.

For Pakistan, Shaheen Shah Afridi (4/30) and Usman Tariq (2/31) picked up the wickets.

Pakistan's innings

Sahibzada Farhan powered Pakistan to a modest score of 164/9 in 20 overs against England in a high-stakes Super 8 clash. On the other hand, England's disciplined bowling, led by Liam Dawson, helped them not let the opposition score big.

Pakistan captain Salman Ali Agha won the toss and elected to bat first at the Pallekele International Cricket Stadium. However, the decision proved challenging as England's attack, led by the clinical Liam Dawson and a fiery Jofra Archer, consistently broke partnerships.

England struck early when Jofra Archer dismissed Saim Ayub (7) in the third over, caught by Jacob Bethell. The pressure intensified when Liam Dawson removed the Pakistan captain, Salman Ali Agha (5), leaving Pakistan at 27/2 in 3.3 overs. Despite the early losses, Sahibzada Farhan (63 runs off 45 balls) and Babar Azam (25 runs off 24 balls) somewhat stabilised the innings, guiding the team to 46/2 by the end of the Powerplay.

Sahibzada Farhan was the standout performer for Pakistan. He played a patient yet calculated knock, reaching his half-century in 37 balls.

During his innings, Farhan broke a record by hitting his 13th six of the tournament--the most by any Pakistani in a single T20 World Cup edition. Sahibzada Farhan also became the second Pakistani batter to have three or more 50-plus scores in a WC edition after Babar Azam (4) in 2021. Sahibzada Farhan shared a 46-run stand with Babar Azam before Jamie Overton cleaned up the former captain for 25.

Just as Pakistan looked to accelerate, Jamie Overton struck again, trapping the dangerous Sahibzada LBW in the 16th over. From 122/3, Pakistan suffered a significant slide as Fakhar Zaman (25) fell to Adil Rashid after a brief cameo. Liam Dawson turned the game on its head in the 18th over, dismissing Usman Khan and Mohammad Nawaz in consecutive deliveries in the 18th over, while Jofra Archer returned to remove Shaheen Afridi for 2.

Shadab Khan provided a late spark with a brisk 23 off 11 balls, including four boundaries, as Pakistan ended with 164/9 in 20 overs.

Liam Dawson's 3/24 in 4 overs was the pick of the efforts by the Three Lions' bowlers. **—Agencies**

Survival at stake for Indian team after heavy defeat

From being installed as the favourites to win the T20 World Cup cricket tournament, the Indian team's very survival in it is now in question after the heavy 76-run defeat that South African inflicted on them in their very first Super 8 outing on Sunday.

Unless the team wins both the matches, and also hopes that a couple of other results also favour their qualification, the co-hosts are in danger of not making the semi-finals rendering futile the ICC's pre-tournament grouping mechanism based on ICC rankings.

Their qualifying scenario has become complicated with their net run-rate now reading a bleak -3.800. So it is not enough for the Indian team to merely defeat the West Indies and Zimbabwe in their remaining two Super 8 games, they must also win by huge margins to remain in contention for a last four place. India should also hope that South Africa repeats its performance against the West Indies and Zimbabwe too as it did against India. By that, South Africa will seal the top spot and the second spot could well be decided between India, West Indies and Zimbabwe.

India's players during a practice session ahead of the match between India and Zimbabwe at MA Chidambaram Stadium in Chennai on Tuesday

A defeat either to the West Indies or Zimbabwe will mean curtains for the Indian team's campaign. Either West Indies or Zimbabwe will have the best chance to finish second and even the new run-rate will mean nothing.

Meanwhile, the team think tank is under scrutiny for dropping vie captain Axar Patel and including Washington Sundar in the playing eleven against South Africa. Cricket fans and pundits have been extremely critical of the decision, more so as Washington Sundar failed to do much with either bat or ball and also dropped a catch.

The team's assistant coach Ryan ten Doeschate tried to explain the decision at the post-match conference.

"It's certainly not a reflection on Axar - his leadership and importance to the team are unquestioned. But this is the challenge we face almost every week: fitting 11 players into a squad of 15. It's not easy, and we have to make sure we get it right for the next two Super Eight games," he said.

"On balance, given that we expected most of the threat to come from left-handers, and that we wanted the extra batter, it came down to a straight choice between Washington and Axar. And we went with Washington," he explained.

Washington Sundar bowled two overs and gave away 17 runs. He scored only 11 runs at a time when India were 26 for 3 and departed soon enough to make the situation even worse.

Apart from on-field performances, or the lack of it, it has been reported that only four players turned up for the optional net session a day before the game. Chief coach Gautam Gambhir and captain Suryakumar Yadav along with Ishan Kishan, Rinku Singh and Kuldeep Yadav were at the nets. This approach hasn't gone down well with the team's supporters, more so after the team were badly mauled by South Africa.

—SS Shreekumar

Model answers for descriptive questions in MBBS exams: RGUHS must take call

The Karnataka High Court has held that decisions on whether to provide key or model answers for descriptive questions in MBBS examinations fall within the academic domain of the Rajiv Gandhi University of Health Sciences(RGUHS) and subject experts, and not the courts.

A Division Bench comprising Chief Justice Vibhu Bakhru and Justice C. M. Poonacha set aside an earlier order of a single judge that had directed the university to consider providing model answers for subjective questions and to subject certain answer scripts to a third round of evaluation.

The case arose from a challenge to the evaluation process in MBBS examinations. The single judge had asked the university to examine the feasibility of supplying model answers for theory papers and had also ordered that specific answer booklets be assessed by an additional examiner. RGUHS appealed this direction before the Division Bench.

While noting that the university's academic bodies were already examining the question of whether model answers should be introduced for descriptive papers, the Bench emphasised that such matters involve academic policy and expert discretion. The court observed that it would not be appropriate for judicial intervention to dictate how answer scripts for professional medical courses should be evaluated, particularly in the absence of any statutory mandate requiring model answers.

On the issue of revaluation, the Bench pointed out that the university follows a structured system under its Central Assessment Programme for valuation of undergraduate health sciences papers.

The regulations governing this process do not contemplate a third evaluation once the prescribed rounds of assessment are completed. In that context, the court found that directing a third examiner to reassess answer scripts went beyond the existing regulatory framework.

Accordingly, the Division Bench allowed the university's appeal and set aside the directions relating to third valuation. **BMB**

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CHANGE OF NAME

I, Sundeep S R/o C-1, wing A, RBD still waters, Silver county road, off Harlur road, Bengaluru 560102 have changed my minor son name from Atharva to Atharva Sundeep. He will be called by this name for all purposes

I, SANTOSH KUMAR JANGDA, R/a. Flat No.03, Ashtamangal Regency, Chakravathy, Iyengar Layout, Kumara Park West Bengaluru - 560020. I, have Changed my name to SANTOSH KUMAR JANGADA, Vide affidavit, dated 21/02/2026 Sworn before Notary Meer Hassan Bangalore

I, Ramesh Kumar, residing at 1291, 2nd Cross, Opp to St. Mary's Convent, Kalyan Nagar, T. Dasarahalli, Bangalore – 560057, hereby declare that my name is also written as "Ramesh Kumar R" in certain records. Both names refer to one and the same person.

I, GAYATHRI PRUTHVI, R/a. #3-2, 3rd Main, 8th Cross, Weavers Colony, Ganganagar, Bengaluru-560032. I, have Changed my name to GAYATHRI KORAPALA, Vide affidavit, dated 19/02/2026 Sworn before Notary: Sivakumara. M.N. Bangalore

I, Mohamed Nawaz Shaikh, s/o Mohamed Ghouse Shaikh, R/o No-20/2 Bore bank Road Benson Town Bengaluru-560046 have Changed my name to Mohammed Nawaz, for all Purposes.

I, JAYASREE KRISHNAKUMAR, Residing at No.40, RBI Colony, Behind Punjab National Bank, Anand Nagar Bangalore – 560024, have changed my name to JAYASHREE KRISHNAKUMAR, vide affidavit dated 17/02/2026, sworn before notary Venkataraju H G, Bangalore.

I, Pappu Kumar Jain S/o Babulalji R/o No 72/2, Sulochana Nilayam, Munithayappa Layout, Lingaraja Puram, Bengaluru-560084. Have Chnaged My Name to Pravin Babulalji Jain for All Purposes

I, Najma Abdul Gaffar Sayyad W/O, Abdul Gaffar R/o No 92, KKS Enclave,Shanubhoga - nahalli, Bannerghatta, Anekal Taluk , Bengaluru 560083 have changed my name to Najma Begum for all purposes.

I, Manohara Meesaganahalli Anjinappa R/o No.15, Meesaganahalli, BK halli post, Bengaluru 562149 have changed my name to Manohara. I shall be called by this name for all purposes

I, Zeth Khan S/O Zakir Khan, R/O NO 36, Vinayaka Nagara, Bagalagunte, Karnataka – 560073, Have Changed My Name To Zayed Khan And Shall Hereafter Be Known As Zayed Khan.

I, SHRISHAIL SANGAMESH KANKANMELI, Residing at Flat No.1494, DSR Parkway, Wing 4, Tower 1, Carmelran, Bhoganahalli, Bangalore – 560035, have changed my name to SHRISHAIL KANKANMELI vide affidavit dated 15/11/2025, sworn before notary Venkataraju H G, Bangalore.

I, Aysha Sultana Mushtak Baig W/o Syed Sabir Ahmed R/o No.3313, 1st Floor,prestige Kew Gardens,kempapura,yemalur,bengaluru-560037 Have Changed My Name to Aysha Saabir for All Purposes.

I, Sudha W/o Ramachandran, # B4, Ganapapathyraja Tejas, Apartment, 189, 14th Main, RBI Layout, 7th Phase JP Nagar,Bengaluru 560078 , have changed my name to Sudha Ramachandran for all purpose

I, Muskan D/o Mardan Basha R/o #373, Eidgha Mohalla, Modi Road, DJ Halli, B'lore-560045 have changed my name to Muskan Shaziya for all purposes.

I, Aziz Ur Rehman Kazi R/o Flat.1, 1st floor, 3rd main, Motappanapalya, Indiranagar, Bengaluru 560038 have changed my name to Aziz Ur Rahman Kazi. I shall be called by this name for all purposes

I, Gayathri Bukkinakere Sadashiva W/o Sadashiva B K, # 303, 1st B Cross, 6th Block, 2nd Phase, BSK 3rd Stage, Bengaluru 560085 , have changed my name to Gayathri Sadashiva for all purpose

I Manjunath R Patil s/o Rajashekharagouda r/o Doleshwar Hangal have changed my name from Manjunath Patil to Manjunath R Patil

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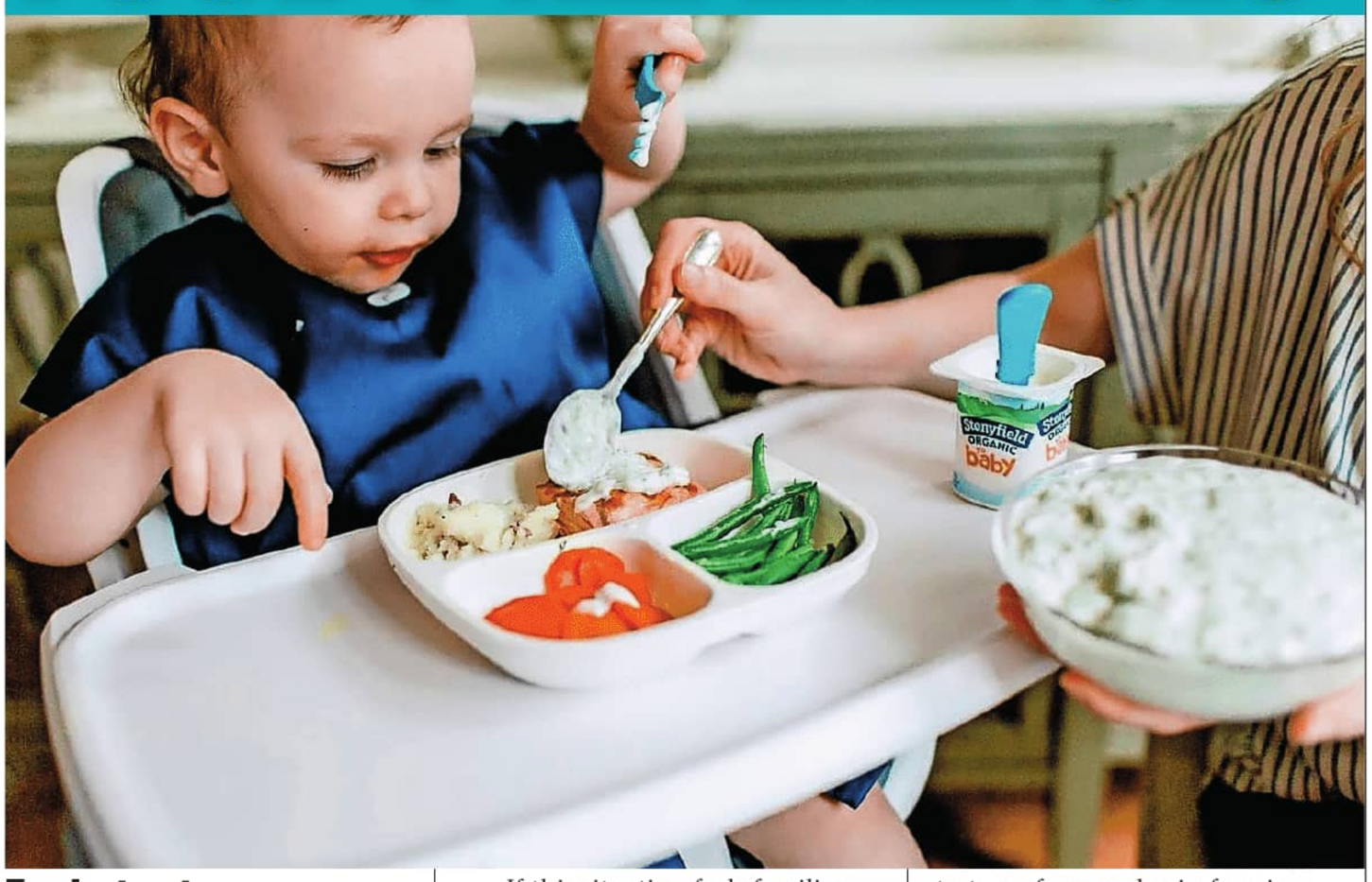


Early taste exposure influences lifelong eating habits and dietary choices

It's 5.45 pm, and you've just arrived home after a long day at work. All you want is a glass of pinot and a quiet evening watching old episodes of your favorite show. Then your curious 8-year-old, Sally, walks into the kitchen and asks, "I'm hungry. What's for dinner?"

Sally has never been afraid of food. You imagine her happily slurping spicy ramen or tasting briny oysters without hesitation. Before you can answer, Billy, your 4-year-old picky eater, shouts from the living room, "Mac and cheese!" Billy rotates between only three acceptable meals: boxed macaroni and cheese, dinosaur-shaped chicken nuggets, and plain spaghetti. You sigh, wondering how two children raised in the same home developed such different tastes.

If this situation feels familiar, you are not alone. Many parents struggle to understand why one child embraces new flavors while another resists almost everything. Research in nutritional neuroscience shows that food preferences are shaped by a complex interaction between biology and experience. Understanding this process can help parents guide children toward a more varied and healthy diet.

Some food preferences begin with biology. Humans are born with an innate liking for sweet tastes and a natural aversion to bitter ones. These tendencies likely evolved to protect survival. Sweetness signals calorie-rich foods such as fruits or breast milk, while bitterness can indicate toxins or harmful substances. Even before birth, babies show sensitivity to flavors. Studies have found that when pregnant mothers consume sweet substances, fetuses display more positive facial reactions, while bitter flavors trigger grimacing. These early responses suggest that taste preferences begin forming long before a child takes their first bite.

Genetics also plays a role in determining how strongly someone perceives certain tastes. Some people inherit genes that make bitter compounds more intense, especially those found in vegetables like broccoli or kale. This heightened sensitivity can make these foods seem unpleasant, particularly during childhood. Another well-known genetic variation affects how cilantro tastes. For some individuals, compounds in cilantro produce a soapy flavor, making the herb difficult to enjoy. However, genetics rarely determines preferences completely. Many people learn to tolerate and eventually enjoy foods they initially disliked, showing that experience can override biology.

Environmental exposure is one of the most powerful influences on food preferences. Psychologists have long shown that repeated positive experiences with food increase acceptance. When a child associates a food with comfort, hunger satisfaction, or positive emotions, the brain begins to view that food as rewarding. Over time, repeated exposure reduces unfamiliarity and increases liking. This process explains why favorite childhood foods often become lifelong comforts. Learning about food begins even before birth and continues through infancy. Flavors from a mother's diet pass into amniotic fluid and breast milk, exposing babies to the tastes common in their family's cuisine. Studies have shown that infants whose mothers consumed certain vegetables during pregnancy or breastfeeding were more willing to accept those same flavors later. This early exposure helps prepare children to accept the foods that are part of their cultural environment. Negative experiences can also shape preferences. If a child feels forced to eat something or associates it with discomfort, they may resist it in the future. Pressure, punishment, or stress during meals can create lasting aversions. In contrast, relaxed and positive mealtime environments encourage curiosity and willingness to try new foods. Parents can support this process by offering new foods regularly without forcing consumption. Research suggests that some children need many exposures before accepting a new taste. Even seeing, smelling, or touching food can help build familiarity. Patience and consistency are more effective than pressure.

Role modeling is also important. Children observe adult behavior closely. When parents eat and enjoy a variety of foods, children learn that those foods are safe and enjoyable. Shared family meals provide opportunities for positive learning and exploration.

Back in your kitchen, dinner is finally ready. You serve kimchi mac and cheese alongside roasted cauliflower. Sally eagerly reaches for the spicy dish, while Billy studies his plate cautiously. Maybe he will try a bite, or maybe he will not. Either way, there will be another chance tomorrow. Food preferences develop gradually, shaped by biology, exposure, and experience. With time, patience, and positive experiences, even the pickiest eater can learn to expand their palate.

Kathleen Keller, Penn State
The Conversation

MIRRORLIGHTS

AI challenges traditional college learning models

The rapid arrival of artificial intelligence in college classrooms has forced institutions to reconsider the purpose of higher education. Tools that can draft essays, summarise readings and generate code in seconds are reshaping how students learn, think and prepare for careers. While early debates focused on plagiarism and authorship, colleges are increasingly confronting broader questions about how AI affects learning itself.

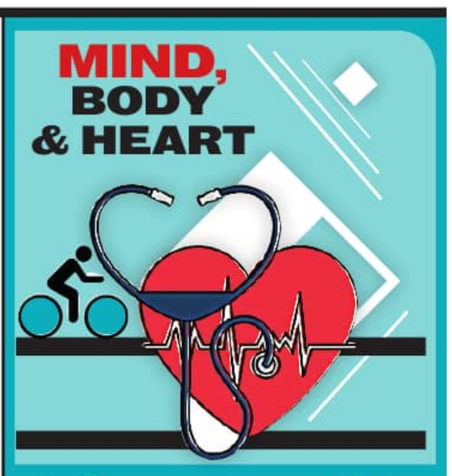
Most colleges have issued guidance rather than outright bans. Liberal arts institutions such as University of Richmond, Bard College and Trinity College allow AI use when cited and approved by instructors. Faculty often set individual course policies, reflecting uncertainty over AI's long-term role.

Initially, professors focused on detecting AI use, but unreliable detection tools have shifted emphasis toward responsible integration. Many now permit AI for brainstorming, outlining or coding, while restricting its use in drafting and reasoning. Institutions such as University of Michigan are redesigning assessments, including oral presentations and debates, to ensure students can explain and defend their ideas independently.

Different fields and universities are adopting varied approaches. Business schools, including Wharton School, integrate AI to prepare students for evolving workplaces. Research universities like Carnegie Mellon University and Stanford University are expanding AI programs and research initiatives.

Ultimately, AI is forcing colleges to rethink learning outcomes, assessment methods and the value of a degree. The central challenge is ensuring students continue developing critical thinking, judgment and understanding in an AI-assisted world today.

Vicki Baker, Albion College and Linda M Boland, University of Richmond The Conversation



All you need to know about...

Balanced bites

Busy schedules often push snacks to bottom of priority list, leading many people to reach for ultra-processed foods high in sugar, salt, and refined carbohydrates. These options may provide temporary energy but often cause hunger and fatigue soon after.

Smart snack choices
Instead of chips and namkeen, roasted makhana, chana, or peanuts offer better nutrition through fibre and plant protein. These options support satiety and help control mid-day hunger while remaining convenient and portable.

Better sweet alternatives
Milk chocolate contains more sugar and fewer nutrients compared to dark chocolate paired with nuts or dates. This alternative satisfies cravings while delivering antioxidants and healthier nutrients. Flavoured yoghurt, often loaded with added sugars, can be replaced with plain yoghurt topped with fruits and seeds, which supports digestion.

Nutrient-rich everyday swaps
Sugary granola bars can be substituted with homemade trail mix or energy bites made from nuts, oats, and seeds, offering higher nutrient density. Instead of white bread sandwiches, vegetable wraps or stuffed parathas provide fibre and protein, keeping hunger away longer. Sugary drinks and packaged juices can be replaced with fruit-infused water or coconut water for hydration without excess sugar.

Lasting energy benefits
Balanced snacks combining protein, fibre, and healthy fats help stabilise blood sugar and support consistent energy. Thoughtful preparation encourages healthier choices, helping individuals stay energised, productive, and focused throughout demanding days. **—Femina**

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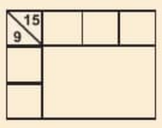
@BangaloreMirror

SOLVE IT IN A MINUTE

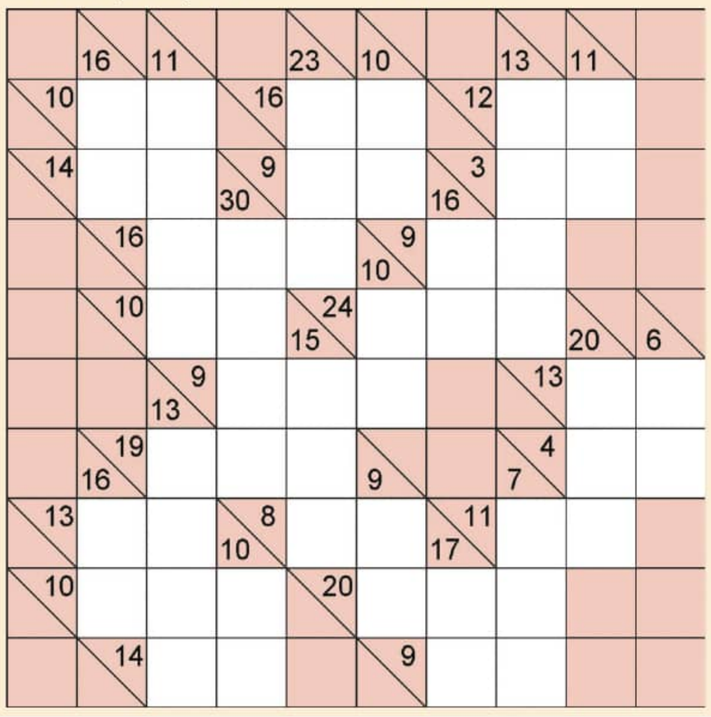
Add 5 to double the square root of x and then take 1/3 of the cube root of the result you get 1. What is x?

Kakuro

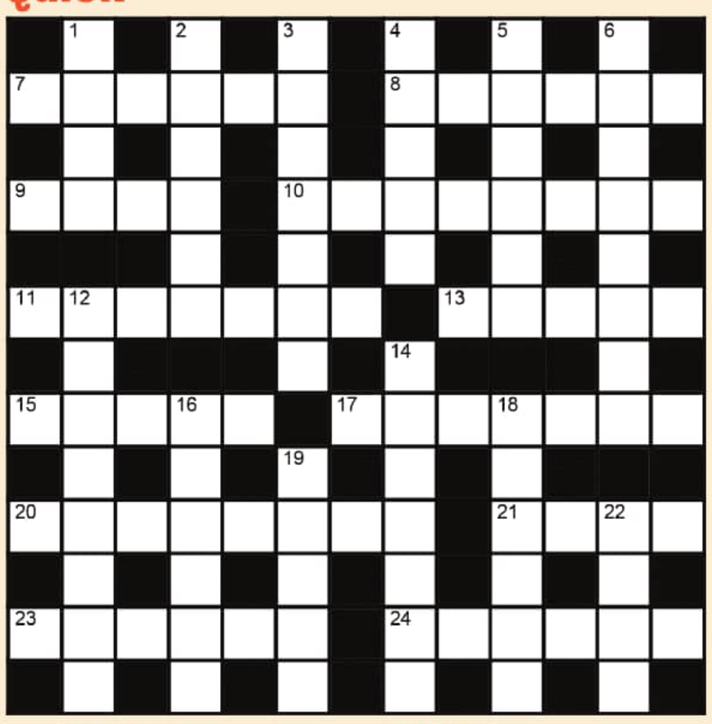
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Biblical personification of wealth (6)
8 Pulled with force; transported (6)
9 Coffee informally (4)
10 Karnataka Rajyotsava is celebrated on the 1st of ____ (8)
11 Intimidate (7)
13 Give instruction (5)
15 Flour and water (5)
17 Utterly (7)
20 Seppuku (4-4)
21 Not excited (4)
23 Soften (6)
24 Everest climber's aid (3-3)

DOWN

1 Long story (4)
2 Injure, damage, spoil (6)
3 Unheard of (7)
4 Push against (5)
5 Speak in low voice (6)
6 Therapeutic, curative (8)
12 Desecrated, despoiled or ravished (8)
14 Prudent (7)
16 Berry-like fruits of vine? (6)
18 Like a curved gateway (6)
19 Uses a sieve (5)
22 Seventy five in Roman numerals (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS G

YFJKCIZ JE FJHL NDZJIR XYZ PCM Y QLYQ XCMEL.

Linemaro

Hear the waves? Well, the ocean wants you to have a drink with me

Mindchow

Let your life lightly dance on the edges of time like dew on the tip of a leaf

Joke of the day

How can there be selfhelp groups?

Loop

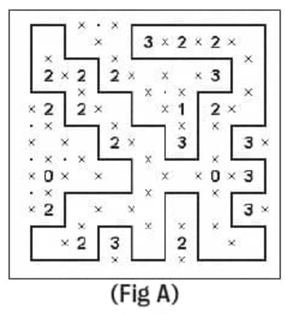
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

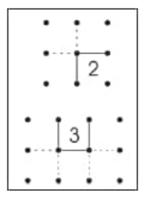
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

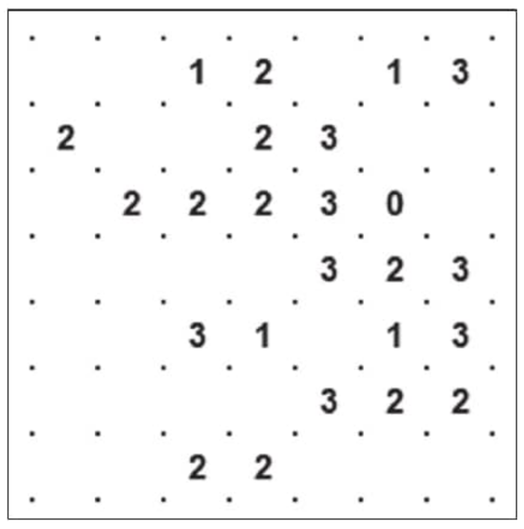
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



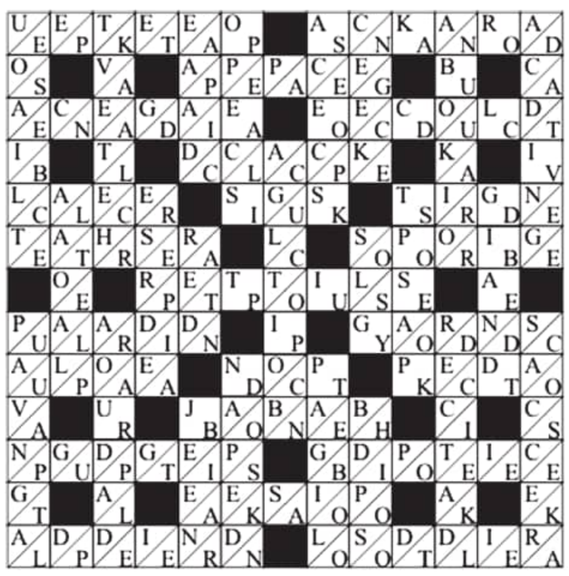
(Fig A)



(Fig B) Not Allowed



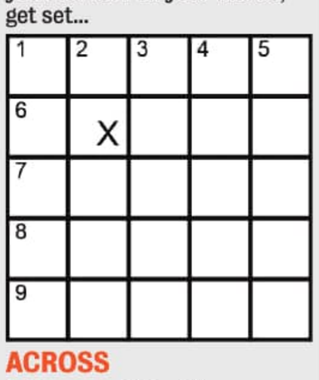
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Pa pap; 6 Ax Ali; 7 Risen; 8 Otter; 9 Not so

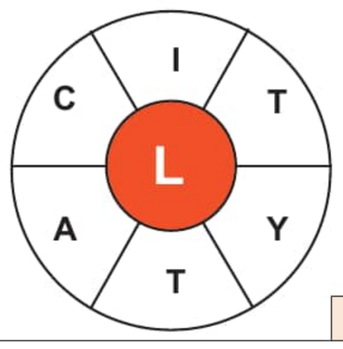
DOWN

1 Prats; 2 Ian ox; 3 To Pin; 4 Aesop; 5 Later

Mensapuzzle

Which number follows on from these three?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; **05** Good; **06** Outstanding

SudokuChallenge

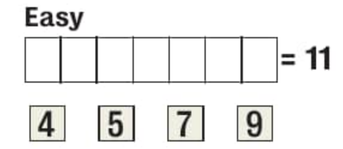
		1	9		7	3		
	8						6	
	2	3				7	4	
8			1		2			7
	7		3		9		2	
2			5		8			1
	1	8				6	9	
	6						7	
		7	4		6	2		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

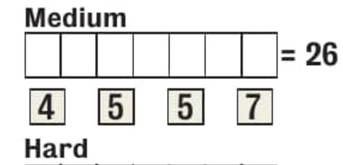
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

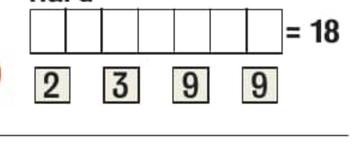
Easy



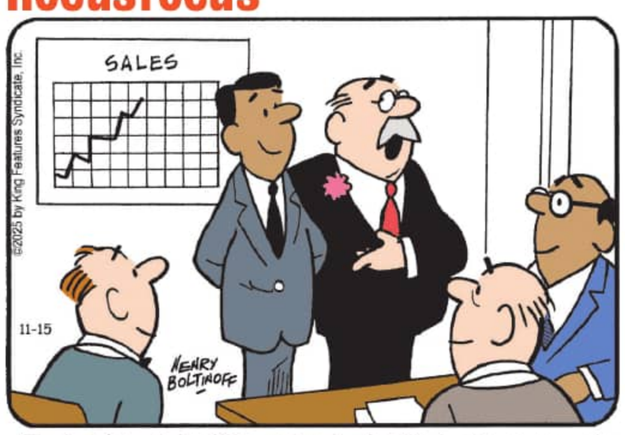
Medium



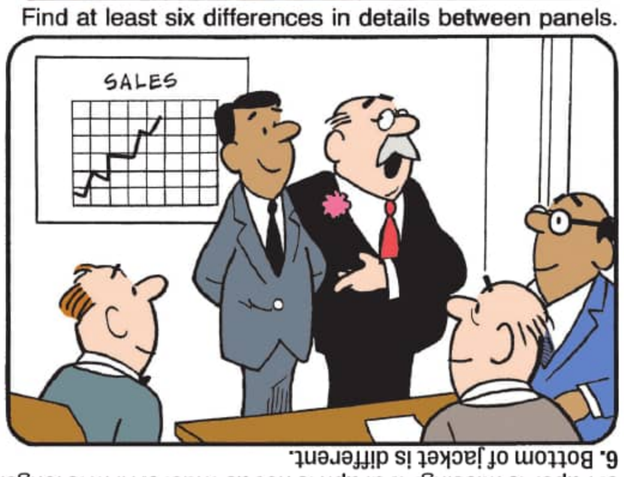
Hard



Hocusfocus



Find at least six differences in details between panels.



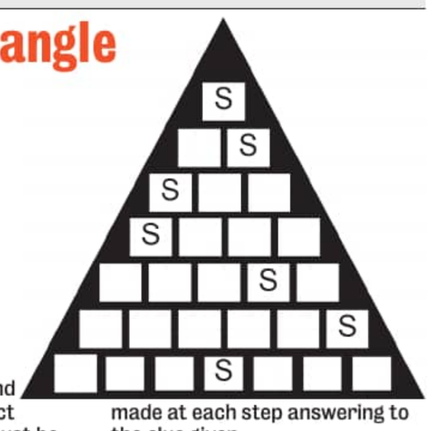
Differences: 1. Desk is wider. 2. Back of chair is higher. 3. Paper is missing. 4. Graph is not as wide. 5. Arm is longer. 6. Bottom of jacket is different.

Riddler

Who can't live without Spell Check in their email or word software? It's a great tool... Unless you are poor Paula Abdul who transforms into "Pail Abut" when the Spell Checker has at her. The following TV and Movie Celebrities have been Spell Checked and are ready for you to uncover their true identities. 1. Court Coax 2. Action Cutter 3. Kite Wingless 4. Summon Cowbell

Alpha triangle

1 Curved letter
2 Good it gets
3 Posed
4 Headliner
5 Swelter
6 Speechifies
7 One bragging

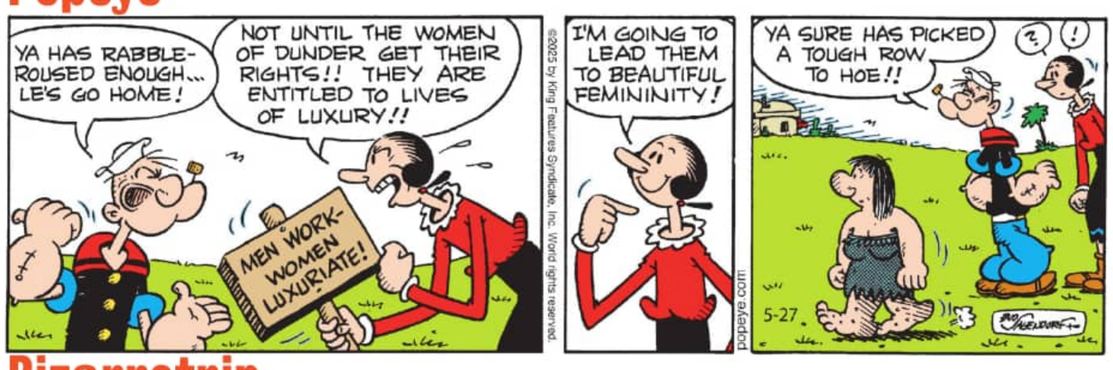


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


YA HAS RABBLE-ROUSED ENOUGH... LE'S GO HOME!
NOT UNTIL THE WOMEN OF DUNDER GET THEIR RIGHTS!! THEY ARE ENTITLED TO LIVES OF LUXURY!!
MEN WORK- WOMEN LUXURIATE!
I'M GOING TO LEAD THEM TO BEAUTIFUL FEMININITY!
YA SURE HAS PICKED A TOUGH ROW TO HOE!!
5-27
popeye.com
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Bizarrotrip

Well, I think you wear a ridiculous getup just to make a buck.
Wayno & Piraro 11·15·25
BIZARRO.COM
©2025 BIZARRO STUDIOS
Dist by King Features

Diamond Lil

MAYNARD WAS AN AUTO MECHANIC...
WHO REALLY THREW HIMSELF INTO HIS WORK
THAT'S WHAT HAPPENS WHEN YOUR HILLBILLY BEARD GETS CAUGHT IN A FANBELT
©2014 creators.com 11/15
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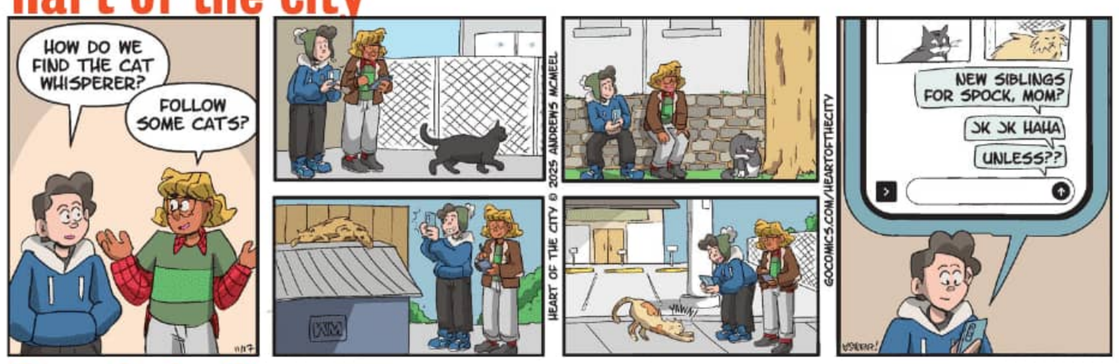
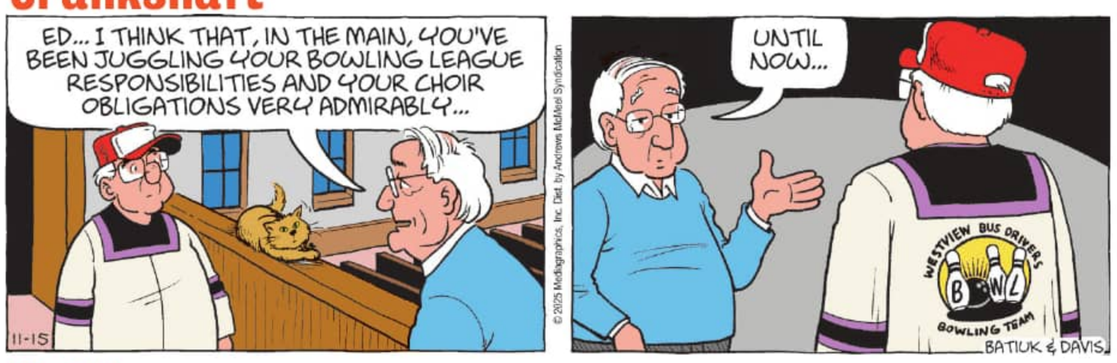
Hart of the city


HOW DO WE FIND THE CAT WHISPERER?
FOLLOW SOME CAT'S?
NEW SIBLINGS FOR SPOCK, MOM?
JK JK HAHA
UNLESS??
HEART OF THE CITY © 2025 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft


ED... I THINK THAT, IN THE MAIN, YOU'VE BEEN JUGGLING YOUR BOWLING LEAGUE RESPONSIBILITIES AND YOUR CHOIR OBLIGATIONS VERY ADMIRABLY...
UNTIL NOW...
WESTVIEW BUS DRIVERS BOWLING TEAM
11-15
© 2025 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Creativity flows through your professional and personal life this year. Career success is found in unconventional roles or industries. Romance is intense and transformative, especially during late-summer travels. Home life is a place of inspiration and constant activity. Travel to artistic hubs provides new motivation. Financial fluctuations require careful management, but the overall trend remains very positive.

Aries Mar 21 – Apr 20

High energy allows you to complete your tasks with great speed today. Use this momentum to pursue your passions. Your proactive nature leads to impressive results and much personal satisfaction.

Taurus Apr 21 – May 20

Stability at home provides a peaceful sanctuary for you today. Cherish time spent with family. These connections offer the emotional support you need to thrive in all areas of life.

Gemini May 21 – Jun 21

Your quick wit and charm make you very popular today. Enjoy social interactions, as your positive energy attracts interesting people and creates wonderful new memories for you and your friends.

Cancer Jun 22 – July 23

Focus on personal growth today by trying something new and exciting. Stepping outside your routine provides fresh perspectives and leads to a deeper understanding of your own incredible potential now.

Leo Jul 24 – Aug 23

Your creative talents are highlighted today, so share them boldly. Your unique artistic vision is truly inspiring. Your contributions will be met with great appreciation and enthusiasm from your peers.

Virgo Aug 24 – Sep 23

Practical solutions help you navigate today's challenges with ease. Your grounded approach ensures you stay on track. Achieve your goals with a great sense of clarity and total inner confidence.

Libra Sep 24 – Oct 22

Today is perfect for fostering harmony in all your relationships. Your diplomatic nature helps resolve conflicts. Create a supportive, peaceful environment for yourself and those you love with your kindness.

Scorpio Oct 23 – Nov 22

Your intuition is very strong today, guiding you toward wise decisions. Trust your inner voice when navigating complex situations. You will find the path that leads to your ultimate success.

Sagittarius Nov 23 – Dec 22

Optimistic energy surrounds you today, making it a great time for planning. Focus on future dreams. Your positive mind-set attracts the resources and people needed to achieve your goals easily.

Capricorn Dec 23 – Jan 20

Discipline and hard work lead to significant progress today. Stay focused on your priorities. Your dedication results in the long-term success you have been seeking for your professional career path.

Aquarius Jan 21 – Feb 19

Your innovative ideas lead to exciting breakthroughs at work today. Share your unique perspective. Your contributions have the power to transform projects and lead to great success for your team.

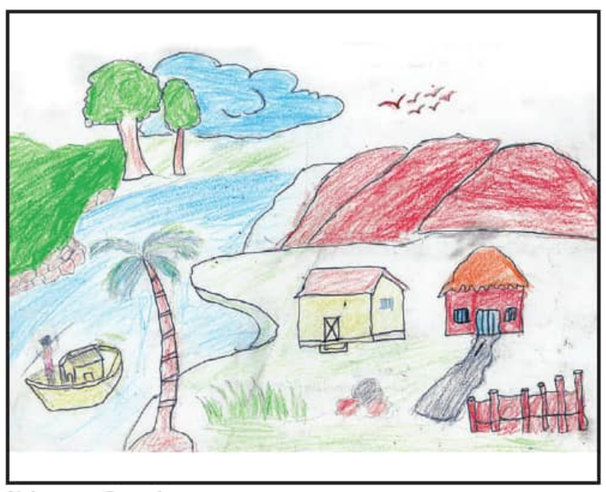
Pisces Feb 20 – Mar 20

Focus on your emotional well-being today by practicing self-care. Nurturing your heart ensures you have strength and clarity. Pursue your dreams with confidence and a very peaceful, happy spirit.

www.sundeepkochar.com

KIDZONE

Adhrith, Bengaluru



Aishwarya, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

(1/3) * ∛(2*(√x)+5)=1
∛(2*(√x)+5)=3
2*(√x)+5=27
2*(√x)=27-5
2*(√x)=22
√x=11
x=11²
x=121

BULL'S EYE

clay, lacy, TACITLY, tall, talc, tilt

STRIKE OUT

U	P	K	E	E	P		A	N	E	K	A	R	A	
S	V		P	E	A	C	E		B		C			
A	C	E	D	I	A		O	C	C	U	L	T		
B		T		C	L	A	C	K		K		I		
L	A	C	E		S	U	K		S	I	G	N		
E	T	H	E	R		C		S	P	R	I	G		
	O		R	E	P	T	I	L	E		A			
P	L	A	I	D		I		Y	A	R	N	S		
A	L	O	E		D	O	T		K	E	T	O		
A		U		J	O	N	A	H		C		C		
N	U	D	G	E	S		B	I	O	T	I	C		
G		A		A	E	S	O	P		A		E		
A	D	D	E	N	D		O	S	T	L	E	R		

QUICK

		D		S		C		D		V				
	R	E	L	E	N	T		I	C	E	A	X	E	
		T		P		F		T		H		X		
H	A	R	A	K	I	R	I		C	A	L	M		
		L		R		S		L		R				
D	O	U	G	H		T	O	T	A	L	L	Y		
		I		N		P				A				
O	V	E	R	A	W	E		T	R	A	I	N		
		I		O		E		U		D				
J	A	V	A		N	O	V	E	M	B	E	R		
	G		P		K		O		R		M			
M	A	M	M	O	N		H	A	U	L	E	D		
S		I		U		S		M		R				

MENSA PUZZLE

677. Square each value and add 1 to get the next number.

QUOTE UNCODE

Alimony is like buying hay for a dead horse.

RIDDLER

1. Courtney Cox, 2. Ashton Kutcher, 3. Kate Winslet, 4. Simon Cowell

SUDOKU

6	4	1	9	5	7	3	8	2
7	8	9	2	3	4	1	6	5
5	2	3	6	8	1	7	4	9
8	3	4	1	6	2	9	5	7
1	7	5	3	4	9	8	2	6
2	9	6	5	7	8	4	3	1
4	1	8	7	2	5	6	9	3
9	6	2	8	1	3	5	7	4
3	5	7	4	9	6	2	1	8

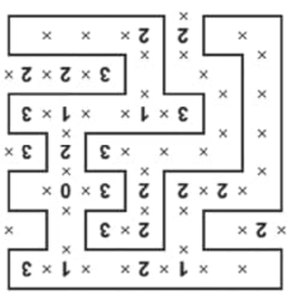
ALPHA TRIANGLE

S, As, Sat, Star, Roast, Orates, Boaster.

GO FIGURE

Easy
5 + 4 - 7 + 9 = 11
Medium
7 x 5 - 4 - 5 = 26
Hard
9 x 3 + 9 / 2 = 18

LOOP



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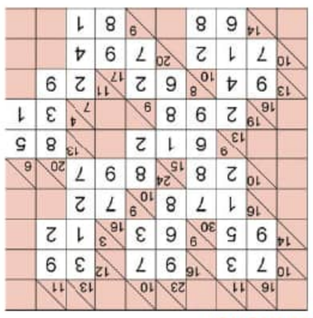

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SANDALWOOD SHOTS

Y MAHESWARA REDDY

Best actor award

Gowrishankar, who headlined the Kannada film Kerebete, is on cloud nine after winning the Filmfare Critics Award for Best Actor at the 70th Filmfare Awards South, held on February 22 at the Adulux Convention Center in Kochi. His co-star Bindu Shivaram, who played the female lead, was adjudged Best Debut Female Actor.

Expressing his happiness, Gowrishankar said the recognition has made him more responsible and focused about his future. He recalled the struggles he faced while bankrolling Kerebete and simultaneously playing the lead role, describing the journey as challenging yet rewarding.

Gowrishankar made his Sandalwood debut as a lead actor with Jokali in 2010, followed by Rajahamsa in 2017.

Rajahamsa earned decent dubbing revenue, whiile Kerebete showcased Malenadu traditions as Gowrishankar focuses on acting career ahead.

Melody meets law

Manasa Holla, who recently won the Best Music Director Award at the Goa Film Festival, has composed music for the album Nyaya Anyaya, which was released on Monday. Billed as the first music album of its kind in the country, Nyaya Anyaya highlights the dedication of lawyers and their commitment to securing justice for their clients.

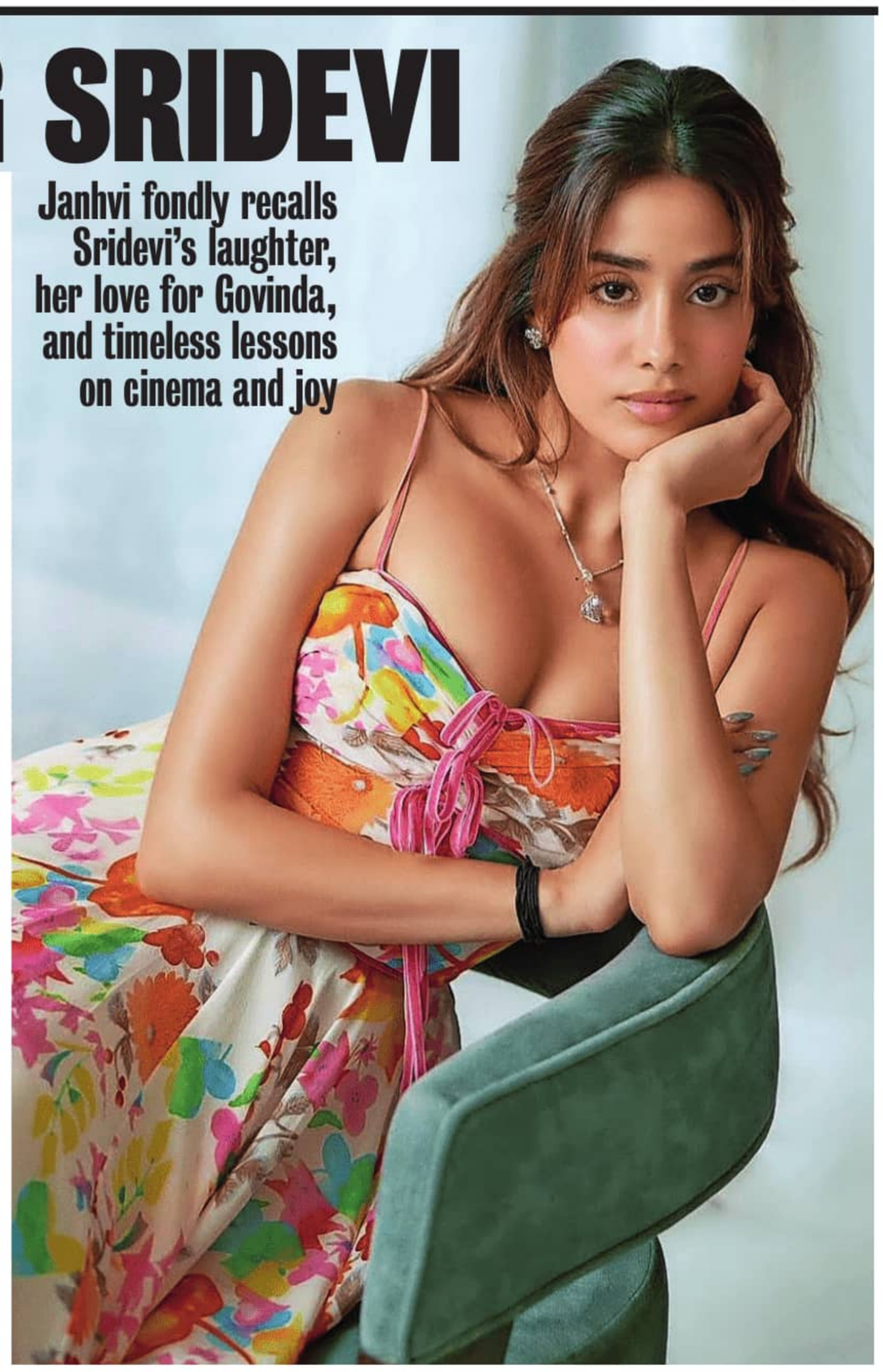
Speaking about the project, Manasa said that although she has worked on several albums earlier, this one stood out for its theme and depth. She completed composing the music within a week and expressed satisfaction with how the album has turned out. She added that she agreed to take up the project because of the strong quality of the lyrics, which vividly portray the lives of legal professionals.

The album sheds light on the lifestyle and struggles of lawyers, depicting how they spend long hours representing petitioners in court and often sacrifice their personal lives for the welfare of their clients. Well-known advocate Narayanaswamy G supported the project and also appeared in the album.

The title track was sung and rendered by Karibasava Thadkal, while Jeevan Hallikar directed the album.

REMEMBERING SRIDEVI

Janhvi fondly recalls Sridevi's laughter, her love for Govinda, and timeless lessons on cinema and joy



On the death anniversary of legendary actor Sridevi, memories of the iconic star continue to resurface through heartfelt anecdotes shared by her daughter, Janhvi Kapoor. In a throwback conversation during promotions for her film Sunny Sanskari Ki Tulsi Kumari, Janhvi opened up about a lesser-known side of the superstar — her deep admiration for comedy, especially her fondness for Govinda's effortless humour and impeccable timing.

Sridevi's admiration for Govinda's comic brilliance

Speaking about favourite comedy performers in an old interview with Pinkvilla, Janhvi revealed that both she and co-star Varun Dhawan immediately thought of the same names. "I think we both have the same answer, Govinda and Mom (Sridevi)," she said warmly.

Janhvi shared that Sridevi was a huge admirer of Govinda's unique brand of physical comedy and razor-sharp timing. According to her, whenever one of his films aired on television, Sridevi would sit down to watch and laugh wholeheartedly, proving that even a legend enjoyed being an audience member. The revelation offers a glimpse into the actor's playful personality beyond her celebrated on-screen persona.

How Sridevi reacted to Judwaa 2

Janhvi also recalled a cherished childhood memory of watching Judwaa in theatres with her parents. "I have memories of watching that film with Mom and Dad," she said.

What stood out most, however, was Sridevi's reaction years later to Varun Dhawan in Judwaa 2. Janhvi remembered her mother being completely impressed by his energy and freshness on screen. "Mom was actually awestruck by him… She was like, 'He's got so much energy. He is so fresh. Oh my god!' She was thrilled," she said, highlighting Sridevi's genuine appreciation for youthful exuberance in cinema.

A lesson in dual roles

Varun Dhawan, in the same interaction, shared that he later met Sridevi, who offered him valuable advice. She suggested he watch her cult classic ChaalBaaz to better understand the nuances of playing double roles — a genre she had mastered with unmatched flair.

Meanwhile, Varun Dhawan was last seen in the war film Border 2, which is noted as one of his highest-grossing releases.

—ETimes

Vicky's proud fatherhood

Actors Vicky Kaushal and Katrina Kaif welcomed their baby boy, Vihaan Kaushal, in November 2025, sharing the joyful news with a heartfelt joint post describing him as their "ray of light" and expressing deep gratitude as their lives changed overnight. Since then, Katrina has stepped away from film commitments to focus on motherhood, embracing the role of a hands-on parent, while Vicky has openly admired her strength and dedication.

Speaking at a recent event hosted by The Hollywood Reporter India, Vicky reflected on being a new father when asked by Neha Dhupia about the experience. He said that with their son just three months old, he is mostly a "cheerleader," acknowledging that the mother is the real superhero at this stage. He praised Katrina as a warrior through pregnancy and motherhood, adding that he is incredibly proud of her and loves her deeply.

In a lighter moment during a separate interaction, Vicky joked that he is "better at changing diapers than acting," highlighting his willingness to be involved in everyday parenting.

—ETimes

Don 3 deadlock

The dispute between Ranveer Singh and Excel Entertainment over Don 3 has escalated, with mediation efforts failing to produce a breakthrough. Earlier this month, Farhan Akhtar and Ritesh Sidhwani approached the Producers Guild of India seeking Rs 40 crore in compensation, alleging that Ranveer exited the project without sufficient notice. Ranveer has denied the claims, accused the banner of unprofessional conduct and cited prolonged delays that left the film stalled for years.

The Producers Guild, brought in to mediate, has reportedly advised both parties to resolve the matter through legal channels, noting that neither side was willing to compromise. In a bid to ease tensions, several prominent producers, including Karan Johar, Sajid Nadiadwala, Ektaa Kapoor, Zoya Akhtar and Punit Goenka, met at Aamir Khan's residence in Mumbai, though attendance was limited.

During the meeting, Ranveer presented emails and WhatsApp messages to support his position, while Farhan and Ritesh defended their compensation demand. Sources say both sides remained firm, leaving little scope for settlement. Discussions reportedly continued until about two weeks before the release of Dhurandhar, after which Ranveer exited the project.

Although Ranveer initially offered to cover part of the pre-production losses as a goodwill gesture, he withdrew the offer after learning the compensation amount sought. The deadlock continues with no resolution in sight.

—ETimes